

**PBA
SAFETY
GLANCE**



**Safety Element for
fiscal year 2017:
Lost Day Case:
0.38
Award Goal: 0.61**

*** Lost time injuries for
fiscal year 2017 is
three. There is one lost
time injury as of Sept.
27.**

***Recordable injuries
for fiscal year 2017 are
12. There is one
recordable injury as of
Sept. 27.**

***Pine Bluff Arsenal
days without a lost
time injury is 20.**

***Pine Bluff Arsenal
days without a record-
able injury is 20.**

***Estimated hours
worked without a lost
time injury: 89,572.**

**ON THE
INSIDE**



New decals ... p. 10



**Fire Prevention Week
... p. 9**



**Big Brothers/
Big Sisters ... p. 6**



**Holston Safety
... p. 8**

INDEX

- Commander's Column ...p. 2
- Social Security ... p. 2
- Hails and Farewells ...p.3
- CPAC Corner...p. 3
- EAP...p. 8
- Safety...p. 9
- Workers' Comp ...p. 9



JMC Commander visits Arsenal



**Ammunition Operations
production worker Percy
Stokes bumps fists with
U.S. Army Joint Munitions
Commander Col. Heidi
Hoyle during her visit to
Pine Bluff Arsenal in Sep-
tember. Stokes was work-
ing load and pack
operations on the M1125
155MM illumination pro-
duction line. Hoyle also
toured other AO opera-
tions and Chemical-Bio-
logical Defense Operations
areas during her visit.**

*Additional photos from
Col. Hoyle's visit are
located on Page 10.*

**Pine Bluff Arsenal project
engineer Caitlin Buchanan
shows Col. Heidi Hoyle a
sample of a Chemically Pro-
tected Patient Wrap during
a tour of the Arsenal's tex-
tile production line during
her visit Sept. 15. This was
Hoyle's first visit to PBA
upon her assumption of
command at U.S. Army Joint
Munition Command.**

U.S. ARMY PHOTOS BY
HUGH MORGAN



AO building renovations finished

By Rachel Selby

Renovations have fi-
nally been completed on
the Directorate of Ammu-
nition Operations build-
ing that houses
directorate offices, cafete-
ria, a tool room and
change houses for AO
personnel.

As you walk into the

ary 2016, and moved back
in July 2017," said Scifres.
"Everyone is still moving
in, and there are still
things we need to do."

Scifres said the building
is still pretty bare right
now but he hopes in the
near future, historic pho-
tos as well as current pho-
tos of production work

something pretty neat
once it is finished. It is a
wide open canvas right
now."

The food serving area,
which was located at the
back of the old cafeteria
space, has been re-shaped
and now has enough
space for personnel to
prepare their lunches.
"We have had a few
minor hiccups along the
way. The reaction to the

new space has been very
positive," said Scifres.

One of the biggest
changes in the building is
the size of the change
houses. "Both sides are
pretty equal on space
now. In the past, the
women's area was kind of
small," said Scifres. "The
old building used to have
over 300 workers coming
out of it, which at the

SEE AO, PAGE 10

*"I've gotten with Hugh Morgan, the post pho-
tographer, Public Affairs and PM-CAS (Pro-
ject Manager Combat Ammunition Systems)
to get photos of things we make as well as the
people who make them. I think it is going to
be something pretty neat once it is finished. It
is a wide open canvas right now."*

building, people will no-
tice the office space has
been moved to the back of
the building, and the cafe-
teria area now has all new
tables and chairs. The
building took more than a
year to complete, accord-
ing to Don Scifres, AO di-
rector.

"We relocated in Febru-

will line the walls.

"I've gotten with Hugh
Morgan, the post photog-
rapher, Public Affairs and
PM-CAS (Project Man-
ager Combat Ammu-
nition Systems) to get
photos of things we make
as well as the people who
make them," he said. "I
think it is going to be

DRSKO expands mission

By Rachel Selby

Pine Bluff Arsenal's Directorate of Chemical and Bi-
ological Defense Operations has expanded operations
on the Dismounted Reconnaissance Sets, Kits and
Outfits to include configured sets for the U.S. Navy.

"We completed and shipped the first set of DRSKO
systems in September for the Navy, and shipped them
to the naval base at Norfolk, Va.," said Rob Shields,
chief of CB's Mobile and Powered Division. "We are
currently working on a second batch of Navy systems.
We anticipate these being completed by the end of the
calendar year."

Since March 2015, the Arsenal has been in produc-

SEE DRSKO, PAGE 4

Right Today

Accomplishing the mission *"right today"* simply means complying with regu-
lations, policies, plans, work instructions, SOPs, and other requirements. We
will not compromise the quality of products that will be used by our Warfight-
ers and when we make these products, we will minimize impact on the envi-
ronment and we will ensure no one gets hurt in the process.

Better Tomorrow

"Better tomorrow" means that every day, we will make improvements. Every
time we start a manufacturing or administrative process, it should be more ef-
ficient and more environmentally friendly than it was before. Every day should
be safer than the last one.

Hails and Farewells

Retirements

Nathaniel Ward, Chemical Plant Operator, with the Directorate of Ammunition Operations, retires with 35 years of government service.

Paul Drake, Quality Assurance Specialist, with the Directorate of Material Management, retires with 33 years of government service.

William “Bill” Beadle, Mechanical Engineering Technician, with the Directorate of Engineering and Technology, retires with 36 years of government service.

Donna Pye, pharmacy tech, with the Pine Bluff Arsenal Health Clinic retires with 18 years of government service.

Transfers

Robert J Bailey, Jr., with the Directorate of Public Works, has transferred to another government agency.

Andry Ramirez with the Directorate of Material Management, has transferred to another government agency.

CPAC Corner

OPM guidance for those affected by natural disasters

Courtesy of Pine Bluff Arsenal Civilian Personnel Advisory Center

For those individuals living in coastal states, it's characteristic to refer to this time of the year as “hurricane” season.

The Office of Personnel Management provides information on its website; www.opm.gov, and through social networks to relay human resources information on benefits and flexibilities which are available for those effective by natural disasters.

This website provides information on Federal human resources benefits and flexibilities useful to Federal employees, annuitants, survivors, and agencies affected by Hurricanes and other natural disasters.

Agency Chief Human Capital Officers regularly communicate the impact of hurricanes on their agency websites. CHCOs and OPM will address HR-related questions and hardships our Federal community experiences as a result of natural disasters.

During the aftermath of hurricanes, and other natural disasters, OPM will provide update via the website and other social with information related to that specific situation. Currently, there is information for those directly or indirectly effected by Hurricane Irma and Hurricane Harvey.

If you would like to provide your assistance by volunteering, donating or survivor support access www.usa.gov/disasters-and-emergencies. This site also offers insight in what to do after a disaster.

The Federal Emergency Management Agency; aka FEMA, also provides useful information to help those affected by natural disasters.

Please remember those retired federal employees who may have relocated to one of those areas that have experienced, experiencing or may soon be in line to experience these current weather conditions.

If you know of someone who may reside in one of the affected areas and have trouble receiving a hard copy of your annuity check in the mail, have them contact retirement services 1-888-767-6738 to:

- Change from a hard copy check to Direct Deposit/EFT, or
- Change the payment address to another address.

OPM, as directed by the President, may also establish an emergency leave transfer program in a major disaster or emergency resulting in severe adverse effects for federal employees.

A disaster may strike at any time, without warning and render unforeseen destruction. Preparation is a vital key in knowing what to do in these situations.

Take a quick view of the above websites, the information provided may be of value should you or someone you love find themselves in need of assistance.



MWR announces free throw winners

Congratulations to our Free Throw Contest Winners. Prizes for first and second place may be picked up at the Pine Bluff Arsenal Fitness Center.

First place - Kenny Daniel - 11 free throws
Three individuals tied for second with eight free throws:

Johance Brunson
Zachary Cooper
Darren Harbison (Ray)

Retirements



Bill Beadle receives his retirement certificate from Pine Bluff Arsenal Deputy to the Commander Roch Byrne during a ceremony in August. Beadle, a mechanical engineering technician with the Directorate of Engineering and Technology, retired with 36 years of government service. U.S. ARMY PHOTOS BY HUGH MORGAN

Paul Drake receives his retirement certificate from Darin Pecanty with Pine Bluff Arsenal's Directorate of Material Management. Drake, a quality assurance specialist, retired with 33 years of government service.



Donna Pye receives her retirement certificate from Pine Bluff Arsenal Commander Col. Kelso Horne in a ceremony in September. Pye, a pharmacy tech with the Pine Bluff Arsenal Health Clinic, retired with 18 years of government service.

Workforce briefings scheduled

A workforce briefing for all Pine Bluff Arsenal employees will be held Oct. 19 beginning at 12:15 p.m., at the PBA Training Center. The purpose of the briefing is to announce the fiscal year 2017 Business Results, present fiscal year 2018 Workload Plans and administer the mandatory Organizational Health Assessment Survey.

The briefing will be broadcast to other locations on the installation. Assigned locations are:

- Directorate of Ammunition Operations – Bldg. 44-100 (Production Cafeteria)
- Headquarters personnel – Bldg. 10-020 (Commander's Conference Room)
- Directorate of Risk Management, Contracting, Health Clinic, Industrial Hygiene, Employee Assistance Program, Equal Employment Opportunity and Family Morale, Welfare and Recreation – Creasy Conference Room and Creasy Auditorium

•Directorate of Chemical and Biological Defense Operations – Bldg. 53-100, Bldg. 57-100 (Mobile and Powered Division)

•Directorate of Material Management – Bldg. 24-610 (PBA Training Center)

•Directorate of Public Works – Bldg. 34-910 (Pink Room, Blue Room, Training Room-BOID)

•Fire Department – Fire Station Training Room

•Directorate of Law Enforcement and Security – Bldg. 60-021 (Training Room)

•Directorate of Engineering and Technology – Bldg. 23-350 (Conference Room)

•Directorate of Information Management – Bldg. 10-040 (Conference Room)

Directors and office chiefs are responsible for informing their employees, and assuring that all employees are afforded the opportunity to attend or obtain equivalent information.

Online Conduct Think. Type. Post

"Army Professionals, by our solemn oath, voluntarily incur an extraordinary moral obligation to uphold the Army Values, which apply to all aspects of our life. Although our lives are changed by the Internet and social media in general, the standards of our conduct have not.

Online misconduct is misconduct - wherever, whenever, and however it occurs. Whether in the form of online harassment, assault, bullying, hazing, stalking, discrimination, retaliation, improper relationships, or any other type of misconduct, we hold ourselves and others accountable.

Trustworthy Army Professionals do not

tolerate double standards; anything that is unacceptable to say or do in person is also unacceptable to write or post online.

When using electronic communication, members of the Army Team should apply "Think, Type, Post"

- "Think" about what messages/information is being communicated and who could potentially view it; "Type" messages or convey information that is consistent with the Army Values; and "Post" if the message/information is responsible and demonstrates dignity and respect for others.

Remember whenever on online -Think, Type, Post."

Graves named director of Resource Management

By Rachel Selby

Danielle Graves was named Pine Bluff Arsenal Director of Resource Management in August. Graves, who began her career with RM in 2006, replaces Althea Lampkin who retired in January. “I started as a summer intern in 2006, and officially started with the directorate in 2008. I was brought on as an accountant,” she said. “I was also the Accounting Officer, and was a part of the original Logistic Management Program cadre since at the time, I was

the new person. I grew up here and I’m still growing.” This is Graves first year-end cycle as director, and she said that it has been like a “trial by fire”. “I’ve been doing year end activities for multiple years but it is different because I’ve always been able to just focus on year-end. Now I have to focus not only on year end but all my responsibilities as director too,” said Graves. “However, it feels normal to me because I’ve been doing it since I got here. Even when I was

with the LMP cadre, I still had to do all my regular duties as well as LMP duties. I spent a lot of time doing multiple positions.” Because of year-end activities, things haven’t changed much, said Graves. “In fiscal year 2018, the focus will be audit readiness. We will be implementing process improvements by streamlining our processes and making things more efficient,” she said. “It has been a challenge moving into a place of leadership with RM because I grew up with this directorate. This directorate is full



Danielle Graves

of my friends, and that is sometimes hard as a supervisor.” A native of Pine Bluff, Graves currently lives in Cabot, Ark., where she is active with the Junior Auxiliary of Cabot, as their finance chairperson. Graves is

married to Jason Graves, who works for the Arsenal’s Directorate of Chemical and Biological Defense. They have a three year old son. Currently, the RM staff is at 13. “It is a small staff but a great team,” said Graves. “We used to be staffed at 24-25. Smaller staff. More to do, but very talented individuals on my team. They accomplish a lot. We work with the beginning and the end of projects. We have to work with each other and if we don’t, things fall apart. RM today is a testament to Althea

and her work ethic.” Graves said that she is also exploring the idea of creating an intern program for the accounting division. “Working here would be great experience for someone, and what a great way for Pine Bluff Arsenal to have some exposure as well,” she said. “If my aunt hadn’t worked here, I probably wouldn’t have known anything about Pine Bluff Arsenal. I’m sure there are people out there that know nothing about us. We have job opportunities here but just need to let people know about them.”

HATCH

Continued from Page 2

not post a comment on a blog or social media site or use an email account of any kind to advocate for or against a partisan political party, candidate or group. "While the Hatch Act does have strict guidelines when political parties are involved, federal employees have more freedoms in election campaigns that are non-partisan, as frequently occurs in local elections," Wilde said. "Federal employees may be candidates in nonpartisan elections and participate in nonpartisan campaigns." Whether partisan or not, most employees may donate money to political campaigns; attend political fundraisers and various meetings; join political clubs and parties; campaign for or against referendum questions, constitutional amendments or municipal ordinances; sign nominating petitions; and express opinions about candidates and issues when off duty and not in an official capacity. "And, of course, when it comes to voting, all federal employees are encouraged to vote. They can also assist with voter registration drives and encourage others to vote," Wilde said. There are a few Hatch Act rules that are somewhat different based on a federal employee's status, he said. Career Senior Executive Service employees have more restrictive rules as do all federal employees working for certain agencies, such as the Defense Intelligence Agency, National Security Council and Federal Bureau of Investigation. Wilde stressed that civilian employees should make sure they know whether they are considered "Less Restricted" or "More Restricted" for the purposes of the Hatch Act before engaging in political activity. While less restricted employees are allowed in their off-duty time to participate in partisan elec-

"The important thing to remember is to keep partisan political views and activities separate from your work environment and your work relationships. If you follow that philosophy, you will be acting in accordance with the Hatch Act."

tions by circulating nominating petitions, campaigning for or against candidates, making campaign speeches for candidates, distributing campaign literature and volunteering to work on campaigns, more restricted employees are barred from these activities. "The important thing to remember is to keep partisan political views and activities separate from your work environment and your work relationships," Wilde said. "If you follow that philosophy, you will be acting in accordance with the Hatch Act." Examples of violation of the Hatch Act include: * Mentioning official positions in a letter endorsing a candidate in a partisan election. * Writing a letter to endorse a candidate or working on campaign materials while in the federal workplace or while using a government computer. * Wearing a partisan election campaign button to work (but an "issue" button may be permitted if it is not associated with a particular candidate and is not disruptive to the workplace). * Soliciting campaign contributions for a political party on a federal employee's Facebook page, even off-duty and using an alias. * Forwarding emails or websites with embedded links soliciting campaign contributions. * Reading a script at a phone bank that includes a request for campaign contributions. The U.S. Office of Special Counsel is responsible for interpreting and enforcing the Hatch Act. Federal employees who engage in prohibited political activities in violation of the Hatch Act may be subject to disciplinary action, including possible removal from federal service, reduction in grade or a civil penalty not to exceed \$1,000. Active duty military members are not subject to the Hatch Act, Wilde said, but follow the guidelines of DoD Directive 1344.10. The rules for Soldiers are similar to those pertaining to More Restricted civilian employees. The underlying principle of the directive is to avoid associating the Department of Defense with partisan politics. The Hatch Act does not prohibit federal employees -- both More Restricted and Less Restricted -- "from expressing their personal opinions about candidates and the issues of the day in their personal capacities," Wilde said. "They can also contribute money to campaigns and political organizations. It crosses the line, though, when they try to influence their co-workers in the workplace to support a particular candidate or issue, or contribute money to a campaign."



Photo above, Dewayne Simpson with Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations examines a Navy configuration of the Dismounted Reconnaissance Sets, Kits and Outfits during production to make sure all the correct items are in the case before shipment.

Photo right, U.S. Navy configurations of DRSKO materials stand ready on shelves.

U.S. ARMY PHOTOS BY RACHEL SELBY



DRSKO

Continued from Page 1

tion with DRSKO, working first on Civil Support Team units, which are fielded to National Guard or Reserve Units in the field. Since that time, the production teams have also done units for the U.S. Army. The DRSKO is a system of sensors, protective suits, boots, etc., that provides a capability to Soldiers that helps them detect and isolate any chemical hazard in the field. Each branch of service has their own DRSKO units, and with these come different requirements. Project engineer Allen said the project has lots of parts and the number of pieces in play can be overwhelming. “The CST systems have over 480 parts. Trying to put all these parts together, and flushing everything out through the inventory system is a big task,” he said, in an article in 2015. According to Shields, fiscal year 2019 is expected to be a big year for DRSKO. “We will be working on both Explosive Ordnance Disposal

and U.S. Air Force configurations of DRSKO,” he said. “Both of these are big steps in the production process. This was anticipated and puts us in the middle of the multi service support mechanism.” DeAnne Florquist, project manager with the Directorate of Business Operations and Chris Broughton, CB supervisory equipment specialist with DRSKO and M8E1, are both fairly new to the project. “This is one of many projects I’m working with,” said Florquist. “I’ve been learning a lot from Rob and Allen to get up to speed with it.” Broughton, who is a new supervisor to the DRSKO area, said he is getting energized about the progress with the project. “We are excited to bring Chris into the project,” said Shields. “He has a strong background in consequence management along with his knowledge of equipment management which will be valuable to the project.”



New project managers join business operations directorate

By Rachel Selby

Two new project managers have joined Pine Bluff Arsenal's Directorate of Business Operations as part of a strategic effort to provide improved readiness and value to the Warfighter, which is the Arsenal's most valued customer.

DeAnne Florquist and Justin Lieber come to the directorate from the Arsenal's Directorate of Engineering and Technology.

"Within each program, there are multiple projects we will be managing," said Lieber. "I think the intent of bringing us on board is to have that technical background to bridge the gap on these projects."

Lieber, who began his career in 2008 working as an environmental engineering intern for the Defense Facilities Directorate at the Pentagon in Arlington, Va., has a Bachelor

of Science degree in systems engineering, mechanical systems from the University of Arkansas at Little Rock. He became an industrial engineering with the Arsenal's Directorate of Chemical and Biological Defense in 2010, transferring to E&T to work with collective protection/filters and the Contamination Indicator Decontamination Assurance System or CIDAS in 2013.

He is Level III certified in systems engineering with the Defense Acquisition University, as well as an Army Certified Green Belt in Lean Six Sigma. He serves as a board member for UALR's Systems Engineering Advisory Council.

Florquist said that project management had been an E&T function.

"We are trying something different. It might be a bit much for one



DeAnne Florquist

project engineer to manage all the technical aspect of a project. The idea is to split these functions out," she said. "We still have a little ways to go to figure out our roles. There are some challenges we have had."

Florquist, who began her career with E&T in 2004 as a project engineer, has a Bachelor of Science degree in industrial engineering from the University of Arkansas at Fayetteville, and a Master of Science in operations management from the University of Arkansas



Justin Lieber

Graduate Resident Center at the Little Rock Air Force Base in Jacksonville, Ark.

While at E&T, she managed the Arsenal's Capital Investment Program, and worked on the M98 non-lethal distraction, M99 blunt trauma and M82 smoke stimulant 66 MM grenade programs. She maintains a level three Defense Acquisition University certification in systems engineering.

She was named a Modern-Day Technology Leader at the 25th Black Engineer of the

Year at the Science, Technology, Engineering and Math (STEM) Conference in 2011, and the Arsenal's Woman of the Year in 2009.

Some of the programs that Florquist and Lieber have project management oversight on are:

- Large filters
- CIDAS
- Textiles
- DRSKO or Dis-mounted Reconnaissance Sets, Kits Outfits
- HX production (smoke mix that replaces the HC - less toxicity)
- Navy decontamination for ships
- Logistics hub
- 20th Chemical Biological Radiological Nuclear kitting effort

"As far as DRSKO, there are some new variants coming with this program, so I have been asked to do some additional logistics support," said Florquist. "The project manage-

ment is for new efforts. There are a lot of pieces to some of the projects. Coordinating with everyone and working toward the great good on all these projects is what it is all about. It takes a team to bring about the successes."

Lieber said that with filters he is trying to focus on things he was unable to do when he was just a project engineer with the program.

"What we are doing now just has a different line of visibility on it," he said. "I feel like the urgency with these programs are much more than it was at E&T. And, that is mostly because of who you are reporting to and who you see. It has been interesting. Management decided to do something different and all we can do is try, and there is a lot to say about that. Everyone has been very supportive."

Anderson joins Arsenal Health Clinic

By Rachel Selby

The U.S. Army Occupational Health Clinic at Pine Bluff Arsenal has a new doctor.

Capt. (Dr.) Craig P. Anderson has been here since August, and is getting settled in to his new routine.

He comes to the Arsenal from the Washington, D.C. area, where he was finishing up a residency in occupational medicine and getting a master's in public health.

"I was at Walter Reed (Bethesda, Md.), and at the Uniformed Services University of the Health Sciences," he said. "I enjoy being a doctor. It has been good so far."

Prior to this, Anderson was a flight surgeon in Korea for a year. "When I was there, it wasn't the same country it is now," he said. "I've seen a little piece of the world. I haven't been a lot of places. While I was serving in Korea, I went to Viet-



Capt. Craig Anderson

nam and Hong Kong."

Anderson, who has been active duty Army for four years, is originally from a town near Tucson, Ariz.

"I knew that Pine Bluff had a history of having doctors that weren't occupational medicine trained. That was my residency and have been practicing this type of medicine for the past few years," he said. "I've seen a good number of civilian patients over the years in the occupational clinics I worked in. When I worked in

Korea it was all Soldiers."

One of Anderson's hobbies is photography. He said he is a "hobby junkie".

"I just did a 24-day tour of the Pacific Northwest in July. During the trip, I went to Vancouver, Washington, Mount St. Helens and Rainier, the Olympics and along the coast," he said. "I finished up with the Mount Hood area, Crater Lake, the Redwoods, and then up the Oregon coast."

He even took a recent trip to Colorado where he went hiking on Mount Elbert.

Anderson's tour here at the Arsenal is expected to be approximately two years.

"I just plan to continue the program as it is here. It is a good program with a lot of skilled staff," he said. "They have a tremendous amount of knowledge and that is good for me."



Sexual assault: What should I do?

Courtesy of Pine Bluff Arsenal SHARP

I Have Been Sexually Assaulted. What Should I Do?

If you have been sexually assaulted or think you have been, go to a safe location away from the perpetrator. If you want to talk with someone or want assistance, the Pine Bluff Arsenal has individuals who are ready to help. Make sure you understand the difference between a restricted and unrestricted report so that those you reach out to will understand your needs and can best assist you.

You may contact your local Sexual Assault Response Coordinator (SARC), Victim Advocate (VA) or military healthcare provider. Your communication with the SARC, VA, or military healthcare provider is privileged and confidential except in specific circumstances.

There are two ways to report a sexual assault:

- Restricted Reporting allows a person who has experienced a sexual assault to confidentially report the assault to specified individuals and receive medical treatment and counseling, without initiating an official investigation.
- Unrestricted Reporting triggers an official investigation of the alleged crime and allows a person who has experienced the sexual assault to receive medical treatment, counseling and legal assistance.

While a military chaplain cannot take a restricted report, communications with a chaplain are privileged under the Military Rules of Evidence 503 or applicable statutes and regulations when they are made confidentially and as a formal act of religion or as a matter of conscience.

Chaplains may not disclose a confidential or privileged communication revealed in the practice of their ministry without the individual's informed consent.

You may also contact your chain of command or law enforcement (military or civilian); however, if you contact your chain of command or law enforcement, an investigation will occur, and you will not have the option of making a restricted report.

Seek medical care as soon as possible. Even if, like many sexual assault victims, you do not have any visible physical injuries, you may be at risk of becoming pregnant or acquiring a sexually transmitted disease. Ask the healthcare provider to conduct a sexual assault forensic examination to preserve forensic evidence in case you decide later that you want to file an unrestricted report of sexual assault which may lead to prosecution.

If you suspect you may have been drugged, request that a urine sample be collected. Preserve all evidence of the assault. Even if you feel an intense need to clean yourself, do not bathe, wash your hands, eat, drink, or brush your teeth. Do not clean or straighten up the crime scene. You may not be thinking clearly due to the trauma, so taking these steps at the outset will help preserve evidence that investigators or law enforcement personnel may need to collect in the event that you file an unrestricted report. (SHARP Sexual Harassment/Assault Response & Prevention, 2017). If you need assistance, contact the PBA SHARP 24/7 hotline at 870-209-4093. You can also receive 24/7 anonymous assistance at the DOD SAFE Helpline at 877-995-5247.

Kizer speaks at meeting

Submitted by Rebecca Simmons
Bluff Center Chapter of FEW

The Bluff Center Chapter of Federally Employed Women held their monthly meeting, Sept. 31 at the Pine Bluff Arsenal training center. Guest speaker was Mary Ann Kizer, a Jefferson County Family and Consumer Sciences Agent. Kizer presented an informative program entitled "Walk the Talk and Talk the Talk of Leadership". She pointed out several qualities of leadership, and skills that everyone can use in their professional and personal lives.

The chapter's October meeting will be held Oct. 18, at 11:30 a.m., at Jefferson Labs in the SAB Conference Room. This meeting will be the Annual Breast Cancer Awareness luncheon with guest speaker, Rhonda Kimble.

The second in a series of four monthly Webinar series sponsored by FEW's National office will be held the same day of our chapter monthly meeting. The Webinar will be held at 11 a.m., Oct. 18. This series consists of monthly webinars focusing on "Creating Your Own Patterns for Success". All are welcome to participate in these webinars. If you would like more infor-



Rebecca Simmons, president of the Bluff Center Chapter of Federally Employed Women, poses for a photo with the September meeting guest speaker, Mary Ann Kizer. PHOTO SUBMITTED

mation on this series, contact any FEW member or register at www.few.org

The Bluff Center Chapter meets the third Wednesday of each month at 11:30 a.m., alternating between Jefferson Labs and the Arsenal.

Membership is open to all employees (women and men) of the U.S. Government, government contractors, and others who subscribe to the purpose of our organization. This includes employees in private industry, men and women in the military (active duty, reserves, and National Guard). We are a private, non-profit, membership organization founded in 1968.

For more information regarding meeting date/time, feel free to

contact Becky Simmons, Chapter President at 870-543-0585.



GSA Vehicle Notice Arsenal replaces fuel PROKEES with FLEET cards

As of Oct. 1, Pine Bluff Arsenal will be transitioning from VILKey's (also known as PROKEES) to FLEET credit cards for all GSA vehicles on post. The intent for this change is to make it easier to fuel on and off the installation and to provide more accurate fuel information. When accessing the pump for fueling, swipe the WEX card assigned to your vehicle, enter the correct odometer reading, select the correct hose and begin fueling.

For information about the new FLEET cards, contact Marcus Taylor at 540-3596, Amber Lecy at 540-3596 or Linda Griffith at 540-3590.

Equifax data breach: What do I do now to prevent fraud?

By Seena Gressin
Federal Trade Commission

If you have a credit report, there's a good chance that you're one of the 143 million American consumers whose sensitive personal information was exposed in a data breach at Equifax, one of the nation's three major credit reporting agencies. Here are the facts, according to Equifax. The breach lasted from midMay through July. The hackers accessed people's names, Social Security numbers, birth dates, addresses and, in some instances, driver's license numbers. They also stole credit card numbers for about 209,000 people and dispute documents with personal identifying information for about 182,000 people. They grabbed personal information of people in the United Kingdom and Canada.

There are steps to take to help protect your information from being misused. Visit Equifax's website, www.equifaxsecurity2017.com.

Find out if your information was exposed. Click on the "Potential Impact" tab and enter your last name and the last six digits of your Social Security number. Your Social Security number is sensitive information, so make sure you're on a secure computer and an encrypted network connection any time you enter it. The site will tell you if you've been affected by this breach.

Whether or not your information was exposed, U.S. consumers can get a year of free credit monitoring and other services. The site will give you

a date when you can come back to enroll. Write down the date and come back to the site and click "Enroll" on that date. You have until November 21, 2017 to enroll.

You also can access frequently asked questions at the site.

Here are some other steps to take to help protect yourself after a data breach:

- * Check your credit reports from Equifax, Experian, and TransUnion — for free — by visiting annualcreditreport.com. Accounts or activity that you don't recognize could indicate identity theft. Visit IdentityTheft.gov to find out what to do.
- * Consider placing a credit freeze on your files. A credit freeze makes it harder for someone to open a new account in your name.
- * Monitor your existing credit card and bank accounts closely for charges you don't recognize.

If you decide against a credit freeze, consider placing a fraud alert on your files. A fraud alert warns creditors that you may be an identity theft victim and that they should verify that anyone seeking credit in your name really is you.

- * File your taxes early — as soon as you have the tax information you need, before a scammer can. Tax identity theft happens when someone uses your Social Security number to get a tax refund or a job. Respond right away to letters from the IRS.

Visit Identitytheft.gov/databreach to learn more about protecting yourself after a data breach

CYS Big Brothers/Big Sisters Program



Top photo, Pine Bluff Arsenal's Child and Youth Services Big Brother/Big Sister program students built roller coasters in September with Knex. Bottom photos, the second week of September was National Line Dancing Week. On Sept. 11, Cassandra Thornton, CYS sports and fitness coordinator, taught the teen class a few dances. The teens enjoyed the activity so much, so they invited their school-age Little Brothers and Little Sisters to join in the fun and learn the dances Sept. 13. Big Brothers/Big Sisters teaches our Youth that giving back is important. This program helps youth to feel better about themselves and to be better leaders. Pine Bluff Arsenal MWR Child and Youth Services are very proud of our Big Brothers/Big Sisters program, our Youth are the best and they love mentoring our School age children whether it's in a fun activity like line dancing, helping with tech projects or even helping with homework, our Youth are always ready to volunteer their time. U.S. ARMY PHOTOS BY CYSS

PINE BLUFF ARSENAL COMMANDER'S PROCLAMATION

DOMESTIC VIOLENCE PREVENTION MONTH IN THE ARMY

OCTOBER 2017

Domestic Violence Awareness Month is recognized October of each year. Domestic violence is **NEVER OKAY**. No one deserves to be abused and anyone can be a victim. Any time an Army Family member suffers from abuse, we fall short of our goals for readiness.

Domestic Violence is preventable, yet prevalent, with a sobering impact on both civilian and military families. Domestic violence and intimate partner violence are contrary to military core values, negatively impact readiness, and cannot be tolerated in the DoD. The Department directs significant resources toward preventing abuse, safeguarding victims, and rehabilitating offenders whenever possible and appropriate.

In the DoD and the Military Services, the Family Advocacy Program is the primary resource for training, reporting, victim services, and clinical treatment for military families. The program works with command, medical staff, law enforcement, and other military and civilian agencies for a coordinated community response.

Prevention is the best strategy. Join me in making this October's Domestic Violence Awareness Month the beginning of a year-round campaign to end domestic abuse. Let the Pine Bluff Arsenal Family Advocacy Program be your partner in preventing and reducing the risk of domestic abuse, and restore valued relationships that are deteriorating. Everyone has the right to be in a safe and healthy relationship.

Thank you for joining me in helping prevent and eliminate domestic violence within our military community.

KELSO C. HORNE III
COL, CM
Commanding

CPI Achievements



Allen Dehaghani with Pine Bluff Arsenal's Directorate of Engineering and Technology received a certificate of achievement from his contribution to the Continuous Process Improvement program. His project involved the redesign of a radio support kit with the Dismounted Reconnaissance Sets, Kits and Outfits with the Directorate of Chemical and Biological Defense Operations. U.S. ARMY PHOTO BY HUGH MORGAN

Alan Buckmaster with Pine Bluff Arsenal's Directorate of Engineering and Technology received a certificate of achievement from his contribution to the Continuous Process Improvement program. His project helped reduce the gap defects for the 120MM.



Jay Heird with Pine Bluff Arsenal's Directorate of Engineering and Technology received a certificate of achievement from his contribution to the Continuous Process Improvement program. His project created an efficient OEM conveyor for production readiness.

Dr. Raef Tadros with Pine Bluff Arsenal's Directorate of Engineering and Technology received two certificates of achievement from his contribution to the Continuous Process Improvement program. One of his projects decreased the process time for bio consumables in the dry collection kit. The second project improved the bio consumables production process.



Correction

The photo of Kevin Rainwater that ran in the September issue of the *Arsenal Sentinel* was incorrect. Rainwater received a Continous Process Improvement Project certificate for a project he submitted that decreased the process time for bio-consumables dry collection kit. He created a device that would press all eight corners of sealed box at once instead of one operator hammering all eight corners. This has increased production time and uniformity. Rainwater received a cash award.

PUBLIC RELEASE DATA -Form SNP-8 for FY' 2018

This is the Public Release that Pine Bluff Arsenal Child Youth & School Services Center will send to:

(Name of Institution/Facility)

Arsenal Sentinel

(Name of New Media, Grassroots Organizations, Employment Security Division, Social Media, Outlets, etc.)

on (date) September 15, 2017.

(These groups must be advised of Program availability, any new programs or changes in existing programs.)

PUBLIC RELEASE

The Pine Bluff Arsenal Child Youth & School Services Center

(Name of Institution/Facility)

Today announced its sponsorship of the USDA Food Program. Meals will be available at no charge or at a reduced charge to enrolled persons at the participating institution(s) listed below. In accordance with Federal law and the United States Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

To file a complaint of discrimination write to U.S Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue NW, Washington, D.C. 20250-9410. Persons with disabilities who require alternative means of communication should contact USDA's TARGET Center at (202)720-2600 (voice or TTY) or contact USDA through the Federal Relay Service at (800) 877-8339).

USDA is an equal opportunity provider.

Institution or Facility Address: 16050 Sibert Road Pine Bluff Arkansas, 71602

Free				Reduced		
Household Size	Annual	Monthly	Weekly	Annual	Monthly	Weekly
1	\$15,678	\$1,307	302	\$22,311	\$1,860	\$430
2	21,112	1,760	406	30,044	2,540	578
3	26,546	2,213	511	37,777	3,149	727
4	31,980	2,665	615	45,510	3,793	876
5	37,414	3,118	720	53,243	4,437	1,024
6	42,848	3,571	824	60,976	5,082	1,173
7	48,282	4,024	929	68,709	5,726	1,322
8	53,716	4,477	1,033	76,442	6,371	1,471
Each additional Household member	+5,434	+453	+105	+7,733	+645	+149

THIS CHART IS TO BE USED BY INSTITUTIONS, SCHOOLS, CENTERS AND SPONSORING ORGANIZATIONS TO APPROVE AND CATEGORIZE COMPLETE INCOME ELIBILITY APPLICATIONS FOR FREE AND REDUCED-PRICE MEALS

October is

Domestic Violence Awareness Month

E&T employees recognized



A Department of the Army Achievement Medal for Civilian Service was presented to Jay Heird with Pine Bluff Arsenal's Directorate of Engineering and Technology at a recent staff meeting. While serving as an industrial specialist during the startup and production of the new White Phosphorus production Line 5 M929 12MM smoke mortar round, Heird distinguished himself by exceeding expectations providing troubleshooting and maintenance guidance to PW crafts and the engineers. Heird's level of expertise and knowledge was readily apparent and vital in the success of the Line 5 startup, and subsequent production of mortars.

U.S. ARMY PHOTOS BY HUGH MORGAN



Jonathan Hicks with Pine Bluff Arsenal's Directorate of Engineering and Technology received a Commander's Award for Civilian Service for managing the startup and production of the new White Phosphorus production Line 5 for 12MM M929. Hicks demonstrated selfless service by making personal sacrifices to ensure the success of the first production at this new facility by being available extra hours during the production, providing troubleshooting and maintenance guidance. He identified the criteria and operating parameters to enhance production efficiency while maintaining operational safety. His level of expertise and knowledge in engineering and programming controllers was vital in the success of this production.



A certificate of achievement was presented to Justin Young with Pine Bluff Arsenal's Directorate of Engineering and Technology for his exceptional service during the startup and production of the new White Phosphorus production Line 5 for 12MM M929 smoke mortars. He provided engineering support during commissioning, start up and the M929 campaign by identifying the criteria and operating parameters to ensure the line ran while maintaining operational safety. His level of expertise and knowledge in mechanical engineering was readily apparent and vital in the success of this production.

Army observes Energy Action Month

Taken from The U.S. Army Stand-To

Energy Action Month, which is observed in October, is an opportunity for the Army to reinforce key messages regarding energy conservation and raise awareness of Army progress. Energy security enhances the ability of the Army to achieve mission readiness.

The Army has a strong legacy of implementing renewable energy projects, improving efficiency at our installations, taking energy into account in contingency basing environments, and leading the way to ensure that Army facilities can maintain operations in the face of disruption.

The Army will continue to integrate energy security measures in support of Army readiness and resilience into its decision-making processes. To build on the successes of the past, the Army must take steps to aggressively pursue renewable energy, energy performance-based contracting, and energy security.

Army leadership should be knowledgeable in Army energy initiatives and issues, and should ensure Soldiers, Army Civilians, defense contractors, and Family members are aware of Army energy initiatives and issues that impact mission readiness.

Energy Action Month provides an opportunity to get the Army's energy security


message out across the Force. It is a time to inform, educate, as well as encourage each Soldier, Army Civilian, contractor, and Family member to do their part to reduce energy consumption and enhance mission readiness and energy resilience.

Energy resilience enables the Army to respond quickly to

disruptions in the availability of land, water, and energy. Incorporating energy security, sustainability, and resilience awareness into everyday decision-making processes better postures the Army to successfully deploy and rapidly respond when and where needed.

By continually encouraging responsible

energy actions, Soldiers, Army Civilians, contractors, and Family members can support Army energy security and sustainability operations. Responsible energy actions contribute to an increase in Army readiness and energy resilience in garrison operations on installations and to warfighters on the battlefield.



Energy Action Month – Energy Resilience Enables Army Readiness

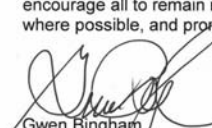
In October of each year, the Army observes Energy Action Month. This year, the Army's theme of "Energy Resilience Enables Army Readiness," reminds us that energy is a key mission enabler and force multiplier for a ready and resilient Army.

Energy resilience begins at our 156 Army Installations and over 1,000 community-based Army National Guard and Army Reserve Centers. These locations provide the critical infrastructure to organize, train, equip, and deploy our Soldiers. Through diligent energy management, our installations become robust and resilient power projection platforms.

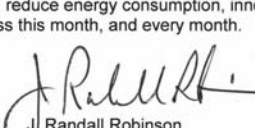
Energy security contributes directly to war-fighting readiness. Energy resilience is an integral aspect of Army policy. Army Directive 2017-07 established the requirement to secure critical missions on our installations by providing necessary energy and water for a minimum of 14 days. We improve assured access to energy by implementing policies and projects that add reliable, diverse and redundant energy sources to our installations. We also work to improve our current infrastructure condition, ensuring the lines and equipment on our sites reliably distribute energy where we need it most. We seal this energy security effort with effective system operation and trained Army personnel to properly exercise emergency response plans.

Energy is also a critical enabler of military capability. Energy moves vehicles and aircraft, powers mission command and protection systems, and supports base camp operations. Wise use of energy extends reach and endurance, reduces sustainment demands, and frees Soldiers from support tasks to focus on the primary mission. Training leaders and Soldiers to consider the effects of energy on operations ensures energy is used for the greatest operational good.

Looking forward, the Army will continue to view energy as a mission enabler. We encourage all to remain mindful of energy use, reduce energy consumption, innovate where possible, and promote energy awareness this month, and every month.



Owen Bingham
Lieutenant General, United States Army
Assistant Chief of Staff, Installation Management



J. Randall Robinson
Acting Assistant Secretary of the Army
Installations, Energy and Environment

Kirklin Heights Apartments

Sheridan, Arkansas


Move-In Special!

\$200 OFF Move-in Fee

2 Bedroom, 1 Bath - Water & DIRECTV furnished

NO PETS!

870-942-9951



LED vs CFL

Here is what you need to know:

	LEDs	CFLs	
ENERGY USE	19 w	20 w	1600 lumens
ENERGY COST PER YEAR	\$2.54/yr	\$2.67/yr	
ENERGY USE	15 w	16 w	1100 lumens
ENERGY COST PER YEAR	\$2.00/yr	\$2.14/yr	
ENERGY USE	10 w	13 w	800 lumens
ENERGY COST PER YEAR	\$1.34/yr	\$1.74/yr	
ENERGY USE	5 w	10 w	450 lumens
ENERGY COST PER YEAR	\$0.67/yr	\$1.34/yr	
TYPICAL LIFE:	15-25+ YEARS	TYPICAL LIFE:	10 YEARS

LEDs are MORE BRIGHT and LESS BRIGHT than CFLs.

Lumens: the new way to shop for light.

Lighting Facts	Per Bulb	LUMENS	WATTS
Brightness	800 lumens	~1600	100
Estimated Yearly Energy Cost	\$1.57	~1100	75
Life	9 years	~800	60
Light Appearance	Warm	~450	40
Energy Used	33 watts		

Sources: nrdc.org and energy.gov. Constellation

Your Guide to More Efficient and Money-Saving Light Bulbs

With new energy efficient lighting standards come new kinds of light bulbs and more choices than ever. So how do you decide which bulb is best for your home and budget?

It's as easy as 1, 2, 3...

STEP 1 Choose bulbs based on how bright you need them to be. This is measured in lumens. The higher the lumens, the brighter the light.

STEP 2 Once you've chosen the lumen output you need, determine which bulb has the lowest estimated energy cost per year. These will save you the most money.

STEP 3 Finally, choose the other features you prefer, such as lifetime and light appearance. The ENERGY STAR® logo tells you which CFLs and LEDs meet minimum efficiency, lifetime and quality standards.

YOU USED TO BUY	YOUR CHOICES NOW			
Standard Incandescents	New Halogen Incandescents	CFLs	LEDs	
450 lumens	40W	29W	10W	5W
	\$5.34/yr	\$3.87/yr	\$1.34/yr	\$0.67/yr
800 lumens	60W	43W	13W	10W
	\$8.02/yr	\$5.74/yr	\$1.74/yr	\$1.34/yr
1100 lumens	75W	53W	16W	15W
	\$10.02/yr	\$7.08/yr	\$2.14/yr	\$2.00/yr
1600 lumens	100W	72W	20W	19W
	\$13.36/yr	\$9.62/yr	\$2.67/yr	\$2.54/yr (limited availability)

* rated life is based on 3 hours of use per day

Where can I find this information?

Nearly all light bulb packages now have labels that tell you what you need to know, much like nutrition labels on food. Want to know if a particular bulb is bright enough to meet your needs? Match the lumens information from its Lighting Facts label to the table above. If a bulb claims to be a "100 watt replacement" but is only 1200 lumens, for example, it's really closer to the brightness of a typical 75 watt bulb.

Front of package

- Brightness
- Estimated energy cost per year

Back of package

- Other features

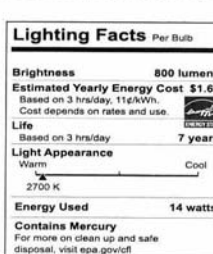
Lighting Facts

Brightness	800 lumens
Estimated Yearly Energy Cost	\$1.69
Life	9 years
Light Appearance	Warm
Energy Used	33 watts

Why are light bulbs changing?

In 2007, Congress passed and President Bush signed into law the Energy Independence and Security Act (EISA), improving energy efficiency for many products, including light bulbs. You can still buy incandescent bulbs that look and operate like the ones you are used to—the new ones just use less energy. The law also requires new light bulb labels to help you choose the most efficient bulbs, like LEDs and CFLs.

See the Savings on New Bulb Labels



Lighting Facts Per Bulb

Brightness	800 lumens
Estimated Yearly Energy Cost	\$1.69
Life	9 years
Light Appearance	Warm
Energy Used	33 watts

Brightness – The most important information on the label and the only way to know for sure how much light the bulb provides.

ENERGY STAR Logo – Indicates which CFLs and LEDs meet ENERGY STAR requirements for efficiency, lifetime and quality.

Life – Estimates in years how long the bulb will last. Long life bulbs save you the hassle of frequent bulb changes and help ensure that more efficient bulbs pay for themselves over time.

Light Appearance – Tells you the shade of light. Incandescents produce warm white light—between 2700 K and 3000 K. Bulbs that produce cooler or more bluish light will have a higher rating, such as 4000 K to 6500 K. Most buyers will prefer the warm white color to "daylight" or "bright white" colors.

Energy Used (watts) – Measures bulb energy use, not brightness.

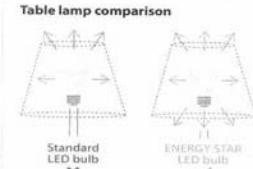
Contains Mercury – CFLs contain extremely low levels of mercury, less than 2.5 mg, and are completely safe to use in normal operation. NRD's fact sheet (www.nrdc.org/legislation/files/lightbulbmercury.pdf) contains more information.

Some bulbs last for 1 year and others last for 10 or more. Which bulbs cost the least in the long run?

While a traditional incandescent bulb may be the cheapest to buy, the overall cost of both purchasing and powering the bulb will be far higher than an LED. Over the longer life of an LED, those savings can be more than \$50. The following table helps to illustrate why more energy efficient bulbs are the best bargain overall. Over relatively short time periods, CFLs can be a slightly better deal than LEDs, but LEDs win over the long haul due to longer life and lower energy use.

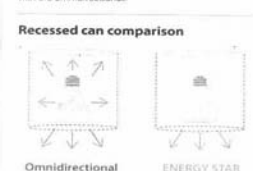
Bulb Types (all approx. 800 lumens)	Life	Costs	Year 1	Cost Annually	Total Costs over 10 years
Standard Incandescent 60W	1 yr	Bulb Cost: \$0.50 Energy Cost: \$8.02	\$0.50 \$8.02	\$8.52	\$85.15
Halogen Incandescent 43W	1 yr	Bulb Cost: \$0.50 Energy Cost: \$7.24	\$0.50 \$7.24	\$7.74	\$77.44
CFL 13W	9 yrs	Bulb Cost: \$1.34 Energy Cost: \$1.34	\$1.34 \$1.34	\$2.68	\$23.37
LED 10W	23 yrs	Bulb Cost: \$1.34 Energy Cost: \$1.34	\$1.34 \$1.34	\$2.68	\$26.40

Table lamp comparison



In table and floor lamps, you want the light to shine in all directions, so look for ENERGY STAR-labeled bulbs that are omnidirectional.

Recessed can comparison



For downlights and recessed cans, install ENERGY STAR reflector LED bulbs. The light going upward from omnidirectional bulbs can be wasted inside the fixture.

Suicide Prevention/Awareness Walk



Participants in Pine Bluff Arsenal's Employee Assistance Program-sponsored Suicide Prevention/Awareness Walk pose for a photo during the event Sept. 23 at the Jefferson Regional Medical Center Wellness Center in Pine Bluff. The walk was two miles or 4.5 laps around the track at the wellness center. Refreshments were also provided. U.S. ARMY PHOTO



Top phoyo, Ian Coker, HSAAP Facility Manager attempts the obstacle course with LSD stimulated goggles.

Photo right, Bob Lorenz with The American Red Cross briefs the Holston Army Ammunition staff on emergency preparedness during their safety stand down day Sept. 28. U.S. ARMY PHOTOS BY HSAAP



Holston conducts Safety Stand Down Day

By Kathy O. Cole
HSAAP Public Affairs

KINGSPORT, Tenn. – In conjunction with Nation Preparedness month, Holston Army Ammunition Plant personnel held a safety stand down day Sept. 28.

The staff received training on vehicle and motorcycle safety, Holston's COOP plan, an overview of the safety program for BAE, the operating contractor for Holston, and a DUI driving simulation course to remind everyone of the dangers associated with drinking and driving.

The highlight of the day was the training session provided by Bob Lorenz with the American Red Cross.

Lorenz taught a course on emergency preparedness around the home, and what steps to take to ensure you are ready in case a disaster happens. He briefed the staff on preparing a disaster supply kit, how to store these items and items that need to be in the kit, both for the home and for cars. He also stressed

the importance of creating an emergency plan for our homes and ensuring that are children are involved in the planning.

Holston's leading civilian Joe Kennedy briefed the staff on Holston's COOP plan, Laura and Ray Peters briefed the staff on motorcycle safety and tire safety.

Holston AAP is a government-owned, contractor-operated facility located in Kingsport, Tenn. BAE Systems is the current operating contractor. Since 1942, Holston has produced explosives in support of the Department of Defense.

Holston AAP is a subordinate installation of the Joint Munitions Command. JMC operates a nationwide network of conventional ammunition manufacturing plants and storage depots, and provides on-site ammunition experts to U.S. combat units wherever they are stationed or deployed.

JMC's customers are U.S. forces of all military services, other U.S. government agencies and allied nations.



Lt. Col. James H. Scott III, commander of Radford Army Ammunition Plant, presents William G. Glover his Civilian Achievement Medal and Retirement Certificate in September. Glover retires with 30 years government service. He started his career with the Corps of Engineers and retired as a major in 1998. In 2007, Glover joined the RFAAP Army Staff as an engineer where he served as the lead engineer for planning, coordinating and conducting energy improvements and energy use reduction. U.S. ARMY PHOTO BY RFAAP



Scholarship recipient

Allie Brodnax, daughter of Missy and Terry Brodnax, was selected as this year's recipient of the International Military Community Executives Association Roy and Dorothy Jean Olson Memorial Scholarship in the amount of \$1000. Allie is currently attending the University of Arkansas at Fayetteville. Missy is the director of the Arsenal's Family Morale, Welfare and Recreation Directorate. PHOTO SUBMITTED

EAP Corner
Your future is key, so stay drug free

Courtesy of Pine Bluff Arsenal Employee Assistance Program

Red Ribbon Week – Oct. 23-31 – has been designated under the Secretary of Defense for Personnel and Readiness. This week is a time to recognize drug abuse prevention and education in the military services, and honors the memory of Drug Enforcement Administration Special Agent and former Marine, Enrique S. Camarena, who was murdered by drug traffickers in 1985.

This annual observance will be marked by military commands setting aside time to emphasize the benefits of pursuing a drug-free lifestyle. This year's campaign highlights substance abuse prevention, including over-the-counter medications, prescription medications, and illegal substances.

Red Ribbon brings millions of people together to raise awareness regarding alcohol, tobacco and other drugs, violence prevention, and early intervention. It is the largest, most visible prevention awareness campaign.

The 2017 National Red Ribbon Week theme is "Your Future Is Key, So Stay Drug Free".

The National Council of Alcoholism and Drug Dependence, Inc., or NCADD, listed ten prevention tips for our youth on what they can do to protect themselves, and reduce the risk of alcohol and drug problems:

1. Don't be afraid to say no. Sometimes our



- fear of negative reaction from our friends, or others we don't even know, keeps us from doing what we know is right.
2. Connect with your friends and avoid negative peer pressure. Pay attention to who you are hanging out with.
 3. Make connections with your parents or other adults. As you grow up, having people you can rely on, people you can talk to about life, life's challenges and your decisions about alcohol and drugs is very important.
 4. Enjoy life. Do what you love, don't add alcohol and drugs. Learn how to enjoy life and the people in your life, without adding alcohol or drugs.
 5. Follow the family rules about alcohol and drugs. As you grow up and want to assume more control over your life, having the trust and respect of your parents is very important.
 - Don't let alcohol and drugs come between you and your parents. Talking with mom and dad about alcohol and drugs can be very helpful.
 6. Get educated about alcohol and drugs. You cannot rely on the myths and misconceptions that are

out there among your friends and on the internet. Your ability to make the right decisions includes getting educated.

7. Be a role model and set a positive example. Don't forget, what you do is more important than what you say!
8. Plan ahead. As you make plans for the party or going out with friends, you need to plan ahead. You need to protect yourself and be smart. Don't become a victim of someone else's alcohol or drug use.
9. Speak out/speak up/take control. Take responsibility for your life, your health and your safety.
10. Get help! If you or someone you know is in trouble with alcohol or drugs, get help. Don't wait. You don't have to be alone.

Benjamin Franklin's most famous quote once stated that "An ounce of prevention is worth a pound of cure" This means it is better to stop something bad happening than it is to deal with it after it has happened. Advice on how to stay healthy is needed because we all know prevention is better than the cure.

If you need assistance on staying drug and alcohol free, the Arsenal's Employee Assistant Office staff is here to help.

We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life. Our office is located at Bldg.13-040, and our phone number is 870-540-3094.

NAME _____ OFFICE SYMBOL _____

YOUR FUTURE IS KEY, SO STAY DRUG FREE

RED RIBBON WEEK	ALCOHOL	DRUGS	EDUCATE	INTERVENTION
YOUTH	FUTURE	PREVENTION	COMMUNITY	TEENS
FREE	AWARENESS	KEY		

I E D E V U B G W F T M B B G I Q A I U
Z T E Q H N R N T O D A B I H O G A Q Z
P H H A V L O H O C L A I J Q V K K H
H S F X L R N I C T G G P T R W A H B M
J W O E W S S L T K B U S E F W W T J O
F V I S T D N X E N C W D P A C H U T L
R M R Y N R I Y F O E R J R T H C Z P
E H K U Q U U Z M Q I V E T G A C E Q P
E I R N M C F M U B U N R J T Z Y J I U
O X E G N X U T B F E L L E J D N L E F
B K Z W W N E O O S T E E G T D R U G S
O I L B I E N G S P S T G R E N H T U U
V V O T N W S S E O I A S G U P I J I D
B K Y S E M L Z O D A C A C E T E V V Z
U S T E L E J T R U T U P M H P U F G K
D M K H A N A A Q C M D E N T A P F L T
K N O I T N E V E R P E V E U Z J V W H
G A V J V X M G U N I F W S O R Y J U A
H Q J M Q E E N Z B I C I S Y P J A J J
F C K H C S B N D Q D A E P N W H N B K

Workers Comp

Work-related claims and the Employee's Burden of Proof

Courtesy of Pine Bluff Arsenal Workers' Compensation Office

There are five basic requirements that Office of Workers' Compensation Program (OWCP) considers in accepting a Federal Employees' Compensation Act claim.

To be timely filed, an employee or survivor must file a notice of traumatic injury or occupational disease claim within three years from the occurrence of the injury or death, date of first awareness of work-related condition, or date of last exposure. In the case of a traumatic injury, claim form CA-1 must be completed no later than 30 days after the date of injury to be eligible for continuation of pay (COP).

If the claim is timely filed it must

then be determined whether the injured or deceased employee was an employee within the meaning of the law. It covers all civilian Federal employees, whether permanent or temporary, except for nonappropriated fund employees, whom are covered under a different program.

Then it must be established whether the employee in fact sustained an injury or disease. Two factors are involved in this third determination. Did the employee actually experience the accident, event, or employment factor which is alleged to have occurred? Did the accident or employment factor result in an injury or disease? An injury is defined as a wound or other condition of the body caused by external

force, including stress or strain, identifiable to time and place of occurrence and function of the body affected, and caused by a specific event or incident or series of events or incidents within a single work shift.

If the first three requirements have been accepted, it must be determined whether the employee was engaged in the performance of duty when the injury occurred. The question of where and when the accident, event, or employment factor(s) leading to filing of a claim occurred must be reviewed.

After the four factors mentioned above are considered, causal relationship between the condition claimed and the injury or disease sustained is examined. The factor is

based entirely on medical evidence provided by physicians who have examined and treated the employee. Employee must have written medical reasoning that the illness or injury was caused or made worse by the official duties. For example, just because a heart attack occurs while working does not make it "work related".

Sometimes the circumstances of a case raise the issues of willful misconduct, intention to bring about the injury or death of oneself or another, or intoxication. If any of these factors is established as the cause of the injury or death, benefits will be denied.

For information, call Blake Tolle-son at 540-3076.



Pine Bluff Arsenal Commander Col. Kelso Horne signs the Arsenal's Fire Prevention Week Proclamation, while (behind from left) Capt. David Weiss, Deputy to the Commander Roch Byrnes, Fire Chief Paul Jarrell and Capt. Jerry West look on. Fire Prevention Week will be observed on the Arsenal Oct. 8-14. U.S. ARMY PHOTO BY HUGH MORGAN

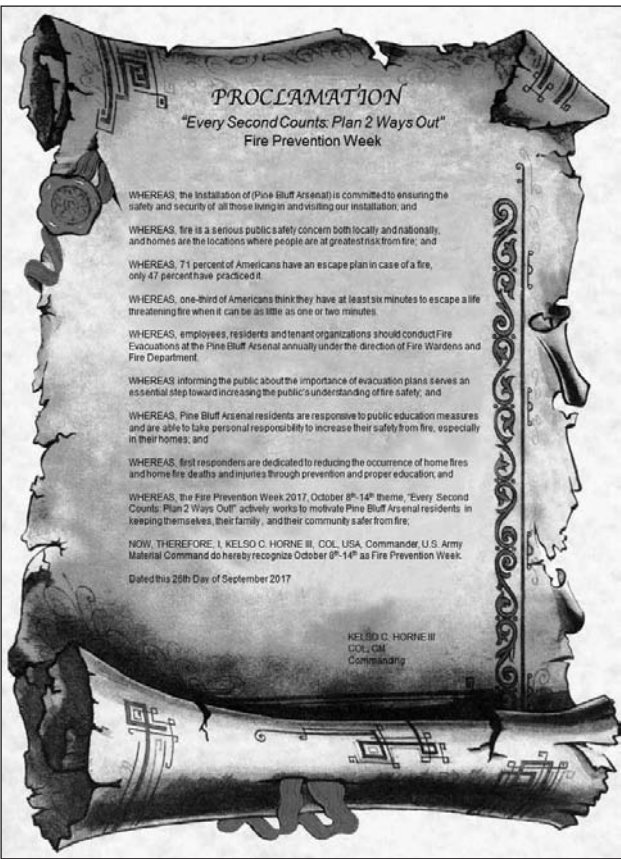
Arsenal observes Fire Prevention Week

The history of National Fire Prevention Week has its roots in the Great Chicago Fire, which occurred on October 9, 1871. This tragic conflagration killed 300 people, left 100,000 homeless, and destroyed more than 17,000 structures. Ever since its occurrence, the origin of the fire has generated speculation, with fact and fiction becoming blurred over the years.

One popular legend has it that Mrs. Catherine O'Leary was milking her cow when the animal kicked over the lantern, setting the O'Leary's barn on fire, and starting the spectacular blaze. However the massive fire began; it swiftly took its toll, burning more than 2,000 acres in 27 hours. The City of Chicago quickly rebuilt, however, and within a couple of years, residents began celebrating their successful restoration by memorializing the anniversary of the fire with festivities.

Intending to observe the fire anniversary with a more serious commemoration, the Fire Marshals Association of North America (FMANA), the oldest section of the National Fire Protection Association (NFPA), decided that the 40th anniversary of the Great Chicago Fire should be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention. So on October 9, 1911, FMANA sponsored the first National Fire Prevention Day.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation. Moreover, every year since 1925, the president of the United States has signed the proclamation pronouncing the Sunday-through-Saturday period in which October 9 falls a national observance. For 70 years, the non-profit NFPA has officially sponsored and selected the theme for



the national commemoration of Fire Prevention Week, honoring the anniversary of the Great Chicago Fire and using the events to increase awareness of the dangers of fire.

When President Calvin Coolidge proclaimed the first National Fire Prevention Week, October 4-10, 1925, he noted that in the previous year some 15,000 lives were lost to fire in the United States. Calling this loss "startling," President Coolidge's proclamation stated, "This waste results from conditions which justify a sense of shame and horror; for the greater part of it could and ought to be prevented...It is highly desirable that every effort be made to reform the conditions which have made possible so vast a destruction of the national wealth."

According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record. Fire Prevention Week 2017 is Oct. 8-14, with the theme "Every Second Counts: Plan 2 Ways Out!"

Fire safety tips

- Draw a map of your home with all members of your household, marking two exits from each room and a path to the outside from each exit.
- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the Fire Department to find.
- Close doors behind you as you leave – this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.
- Testing smoke alarms
 - Smoke alarms should be maintained according to manufacturer's instructions.
 - Test smoke alarms at least once a month using the test button.
 - Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond.
 - Follow manufacturer's instructions for cleaning to keep smoke alarms working well. The instructions are included in the package or can be found on the internet.
 - When replacing a battery, follow manufacturer's list of batteries on the back of the alarm or manufacturer's instructions. Manufacturer's instructions are specific to the batteries (brand and model) that must be used. The smoke alarm may not work properly if a different kind of battery is used.

Safety Corner

Halloween safety: Tips for trick-or-treaters

Courtesy of Pine Bluff Arsenal's Directorate of Risk Management and Regulatory Affairs-Safety Division

It's the time of year for costumes, sweets, and tricks and treats. While Halloween offers plenty of make-believe fun, it also brings real safety risks, as children dart across dark streets with their minds more on candy than on cars. Kids are twice as likely to be hit by a car on Halloween as on other nights of the year.

Burns and cuts are also common on Halloween. And then there's the candy. Almost two-thirds of parents think their kids eat too much of it around Halloween.

Halloween can be safely enjoyed — especially when parents put extra care into planning and supervision. Talk with your children every year about safety concerns unique to this holiday, and review do's and don'ts before heading out to trick or treat.

Follow these tips to keep your family safe this spooky season.

Carve safely

Before you start carving pumpkins, consider these Halloween safety rules:

- Decorate with markers, glitter glue or paint. Let young children draw faces on pumpkins with art supplies. Leave any carving to an adult.
- Use candles with care. Place candlelit pumpkins on a sturdy surface away from curtains and other flammable objects. Never leave candlelit pumpkins unattended. Better yet, light pumpkins with flashlights, battery-operated flameless candles or glow sticks instead.

Get clever with costumes

From furry animals to princesses and superheroes, choosing costumes wisely is an important part of Halloween safety. Follow these tips:

- The brighter the better. Whether you buy a costume or make one yourself, choose bright colors and flame-retardant materials. If your child will be trick-or-treating outdoors after dark, attach reflective tape to his or her costume or treat bag.
- Size it right. In case it's chilly outdoors, make sure your child's costume is loose enough for warm clothing to be worn underneath — but not long enough to cause tripping. Avoid oversized



shoes and high heels.

- Skip the masks. A mask can obstruct your child's vision, especially if it slips out of place. Use kid-friendly, non-toxic makeup instead.
- Limit accessories. Pointed props — such as wands, swords and knives — might pose safety hazards. Carry flashlights or wear glowing wristbands instead.

Trick or treat with care

Before your children start trick-or-treating, review these basic Halloween safety rules:

- Get in on the fun. Accompany trick-or-treaters younger than age 12. Pin a piece of paper with your child's name, address and phone number inside your child's pocket in case you get separated. Encourage older kids to trick or treat with a group of friends, parents or older siblings. Make sure someone in the group has a flashlight with fresh batteries.

- Set ground rules. If your child will be trick-or-treating without you, plan and discuss a familiar route and set a curfew. Review safety rules, including staying with the group, walking only on the sidewalk, approaching only clearly lit homes, and never going inside a home or car for a treat. Have your child carry a cellphone for the evening so that he or she can contact you.
- Inspect treats before indulging. Don't let your child snack while he or she is trick-or-treating. Feed your child an early meal before heading out, and inspect the treats before allowing your child to dive in. Discard anything that's not sealed, has torn packaging or looks questionable. If you have young children, weed out gum, peanuts, hard candies and other choking hazards.

If your child has food allergies, check candy labels carefully. Even

hard candies may be manufactured in facilities that process nuts, milk, soy, wheat, egg or other allergens.

- Ration the loot. If your child collects gobs of goodies, dole out a few pieces at a time and save the rest. You might even ask your child if he or she would like to swap some — or all — of the candy for something else, such as a special toy, book or outing.

- Plan a party. Consider planning a trick or treat party with a couple of neighbors instead of house-to-house door knocking. Decorate the garages, have a costume contest, and plan games and prizes. Check local schools, malls and churches to find other safe celebration options.

Stay safe and sweet on the home front

Planning to hand out treats? To make sure you're ready for trick-or-treaters, follow these tips:

- Clean up. Put away anything trick-or-treaters could trip over, such as garden hoses, toys, bikes and lawn decorations. Clear wet leaves, snow or other debris from the sidewalk.
- Turn the lights on. Replace any burned-out bulbs to ensure good visibility at the walkway and front door.
- Control your pets. Take no chances that your pet might be frightened and chase or bite a child at your door.
- Consider sugar substitutes. Instead of handing out sugar-laden treats, try stick-ers, fun pencils, rubber insects or colored chalk.

If you'll be driving on Halloween, watch for children who might pop out between parked cars. Be especially careful entering or leaving driveways and alleys. Extra caution can help ensure Halloween safety for everyone.

JMC Commander visits Arsenal



Textile production worker Julee Johnson speaks with Joint Mmunition Commander Col. Heidi Hoyle during her visit to the Arsenal in September. U.S. ARMY PHOTOS BY HUGH MORGAN

Arsenal Security getting new vehicle decals



Pine Bluff Arsenal's Directorate of Law Enforcement and Security is working towards getting new decals for all of their GSA security vehicles. Pictured is a DLES patrol vehicle with the new decals parked in front of Pass and ID. These high-visibility decals, according to Chief Tim McDaniel, will help in catching drivers' attention when they are headed toward an emergency vehicle. This will not only protect the public but the officers in the line of duty. U.S. ARMY PHOTO BY RACHEL SELBY

Photo above left, Pine Bluff Arsenal Directorate of Ammunition Operations production worker Jackie Green conducts load and pack operations on the M1125 155MM illumination production line, as U.S. Army Joint Munitions Commander Col. Heidi Hoyle and Chris Richards, with PBA's Ammunition Operations, look on.

Photo below, Michael Baugh with Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations shows Col. Heidi Hoyle the large fabric cutter during her tour of the Arsenal's textile production facility.



AO

Continued from Page 1

time were predominantly male. Now the numbers are about equal – male and female.”

Scifres said there were also satellite change houses years ago to accommodate all the personnel.

“Two of those buildings now belong to the Directorate of Chemical and Biological Defense. We still have one in our directorate,” he said. “Our workload right now is low but steady. We just transitioned a few workers over to CB to help with their workload.”

The AO workforce stands at approximately 60 personnel currently, according to Scifres. “We are structuring our workload with our personnel,” he said. “Ammo is different than CBD. We are slow to the game, but we still play the game long after others are finished.”

“The refurbishment of this building was long overdue,” said Roch Byrne, Arsenal Deputy to the Commander. “I’m very happy that project is now completed and Team Ammo is back in the building. I’m happy for them because they deserve a quality facility. This is a big morale booster.”

The Directorate of Ammunition Operations building is completely gutted during the construction phase of renovations. U.S. ARMY PHOTOS BY DIRECTORATE OF PUBLIC WORKS



Photo above, outside the newly renovated Directorate of Ammunition Operations building. U.S. ARMY PHOTOS BY RACHEL SELBY

Photo left, the newly renovated Directorate of Ammunition Operations cafeteria.